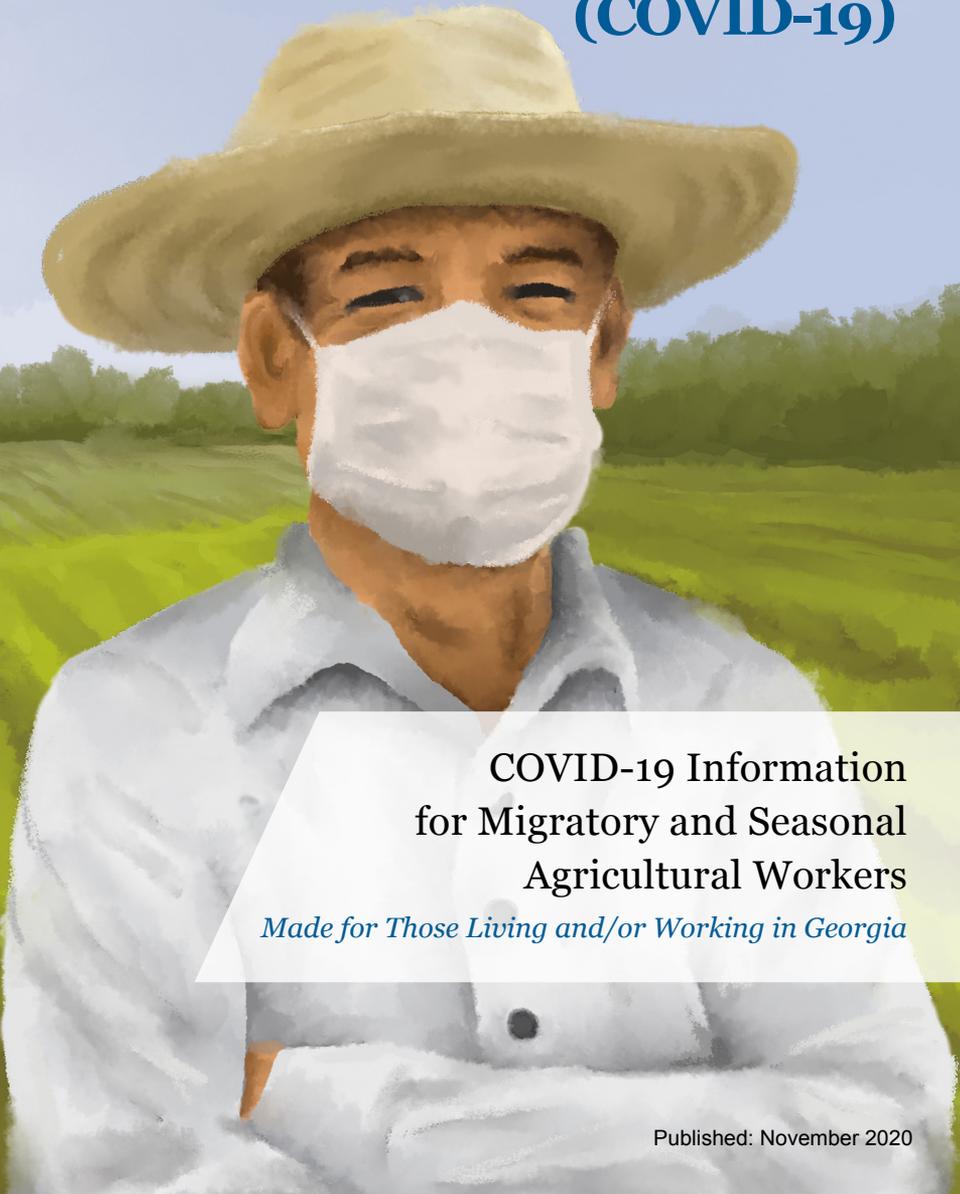


# Protecting Yourself Against the **Coronavirus** (COVID-19)



COVID-19 Information  
for Migratory and Seasonal  
Agricultural Workers

*Made for Those Living and/or Working in Georgia*

Published: November 2020

# What is COVID-19 and How Does it Spread?

Coronaviruses are a large group of different viruses. The new coronavirus, COVID-19, is easily spread from person to person and can cause serious medical problems for some people. The virus spreads in the air when a person sneezes, coughs, shakes hands, or gets close to another person. Sometimes, a person who does not look or feel sick may have the virus and share it with others. This is why it is important for everyone to practice prevention, not just those who are sick.

## How Can You Protect Yourself and Others From COVID-19?

When possible, it is best to practice multiple prevention strategies to protect you and your family from COVID-19. This is known as **“layered protection.”**



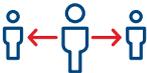
Wear a face covering or mask



Wash your hands



Engage in safe housing and transportation



Social distance



Clean and sanitize surfaces

**Practicing all of these activities together will keep you the safest**

# Wear a Face Covering or Mask

Wear a face covering or a mask when outside if you are near other people. If you are unable to wear a face mask for any reason, or if you are taking a water break or food break, you should practice social distancing. Social distancing is important at all times but especially important when you are not wearing a mask.

## Cloth face coverings should:



Fit snugly but allow for comfortable breathing



Be secured with ties or ear loops



Include multiple layers of fabric



Be washable



**Do not touch the outside of your mask or face covering after you wear it. The virus may be on it. Take it off with the loops or ties.**

Cloth face coverings should be washed regularly. It is best to have two or more cloth face coverings available.

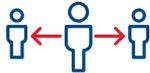
[www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html)

Cloth face coverings are preferred by CDC. If using disposable masks, they should be removed and discarded if soiled, damaged, or hard to breathe through. They should be discarded and a new disposable mask used the next day.

# Social Distance

Social distancing means that you should stay at least 6 feet (2 meters) away from other people.

In areas where social distancing may not be maintained, for example in packing houses, consider adding partitions or creating barriers between employees using available materials.



**6 FT • 2 M**

Try to stay 6 feet from other people when working, where you live, and in public places.



Avoid physical contact such as shaking hands or hugging other people.

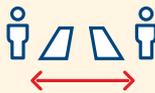


Go to public places only when necessary and avoid large crowds.

## How long is 6 feet (2 meters)?



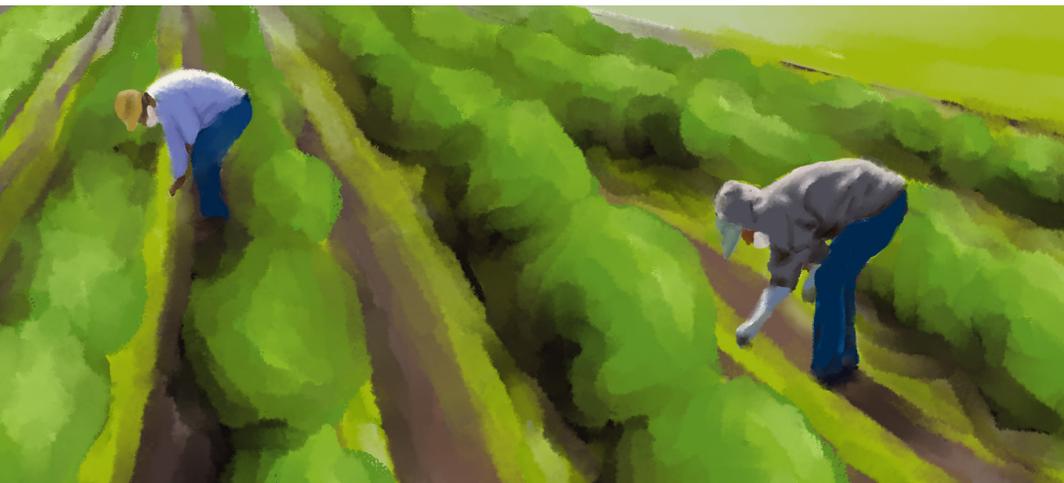
Two (2) blueberry bushes



Every other field row



The width of a 15-passenger van



# Wash Your Hands

Washing your hands often is the best way to stay healthy. Wash with soap and clean water for at least 20 seconds.

## Quick Tip

Sing “**Happy Birthday**” twice as an easy way to remember how long you should wash your hands.



Hand sanitizer is not a replacement for washing hands with soap and water. If soap and water are not available, **use hand sanitizer with at least 60% alcohol.**



Cover all surfaces of your hands with an adequate amount of sanitizer. Your hands should be wet with sanitizer.



Rub them together until they are dry. You should not dry your hands off on clothing or a towel.



**Do not touch your face after washing your hands.**

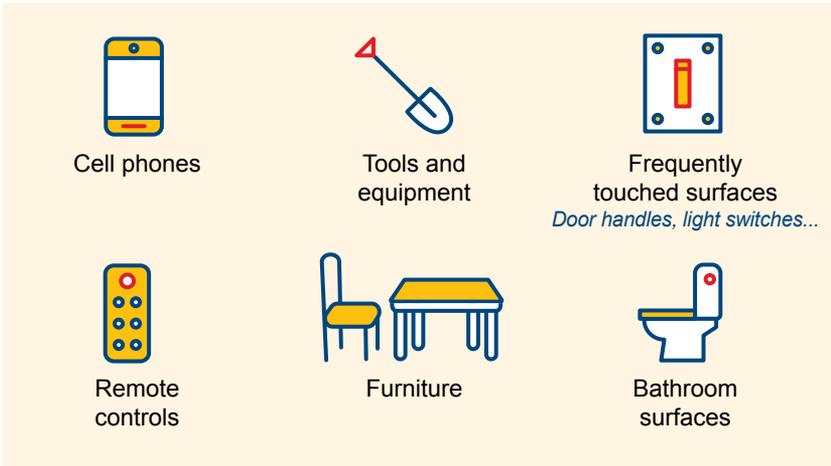
# Clean and Sanitize

Clean and disinfect surfaces often. The Environmental Protection Agency (EPA) has a list of recommended disinfectants that are effective against COVID-19. See their list for examples of specific brands you may use below:

[www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19](http://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19)

- If surface is visibly dirty, clean with soap and water first. Apply sanitizer for the recommended amount of time. This is known as the “contact time.”
- If you are wearing disposable gloves, throw them away after cleaning with them. If you are using reusable gloves, make sure to use the same gloves each time and only for COVID-19 cleaning.

Take special care to sanitize the following items regularly.



Examples of cleaning products you can use:

## Bleach

Wait **10** minutes before wiping off a surface

## Disinfectant Spray

Wait **2** minutes before wiping off a surface

## All Purpose Cleaner

Wait **3** minutes before wiping off a surface

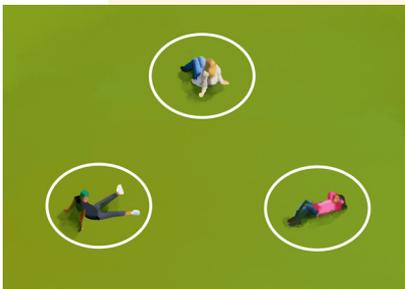
# Engage in Safe Housing

If you are sleeping in a shared space such as in barracks or in an apartment/home, sleep head to toe.



Try to stay 6 feet (2 meters) away from everyone around you. If you are unable to keep 6 feet distance between you and the person next to you, hang a curtain, sheet, or blanket between you for extra protection.

When in common areas such as the kitchen or living room, keep 6 ft away and wear a face covering or mask.



Even while cooking or eating together outside, playing games, or spending time outside of work, practice social distancing.

If you are sleeping in a hotel, ask your farm manager or the hotel manager what rules or policies they have in place to keep you protected from COVID-19.

If there is a gym, or other hotel-specific shared space, practice social distancing and wear a face covering. In areas where face masks may be difficult to wear, like a pool, social distancing is even more important and should be strictly followed.

# Engage in Safe Transportation

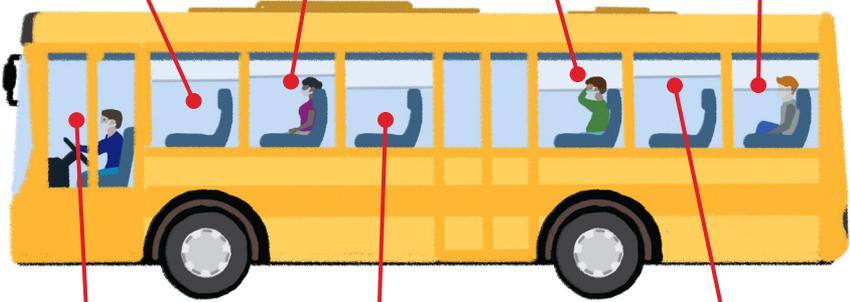
When carpooling to work or going out in public:

Try to limit the number of people in the vehicle

Wear your face mask

Cover your coughs and sneezes

Ride with the same coworkers every day

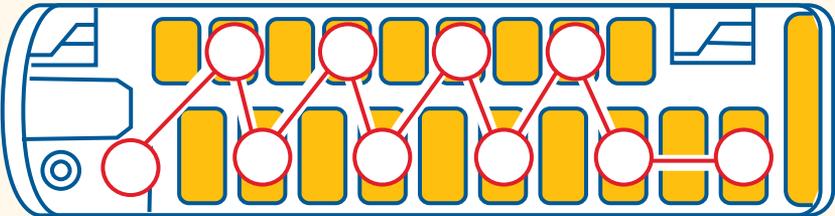


Clean and disinfect surfaces often

If possible, try to skip a row between seats

Open windows or vents for fresh air, if weather permits

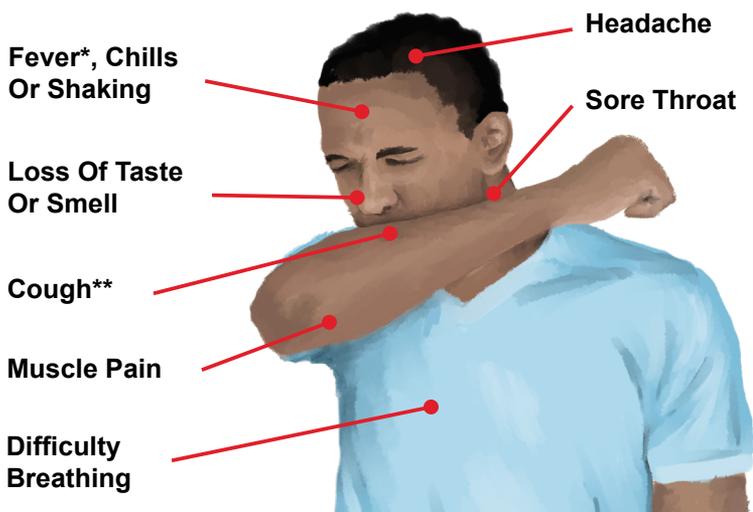
Aerial view



# What are the Symptoms of COVID-19?

The virus affects people in many different ways. Some people do not feel sick. Some people feel very sick and need to go to the hospital.

**COVID-19 symptoms may start 2–14 days after coming into contact with the virus:**



Older adults and people who have other medical problems, like diabetes and heart or lung disease, may get even sicker if they get the virus.



**If you have trouble breathing, pain or pressure in your chest, your lips or face look blue, confusion, or have trouble waking up and getting out of bed, call 911. These are signs of a medical emergency.**

This list does not contain all possible symptoms of COVID-19. To see the most up-to-date list of known symptoms please visit the Symptoms of Coronavirus CDC page at:

[www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)

\*If your temperature is 100.4°F/38°C or higher, you have a fever.

\*\*Do not cough into your hand. Cover your mouth with your elbow.

# What Should You Do if You Feel Sick?



Stay home and do not leave except to get medical care until you have completed your isolation according to DPH guidance.



Follow guidance from your health care provider.



If you live at home, separate yourself from other people and pets. Don't share the bathroom.



If you live in shared housing, separate yourself from other workers.



Get rest, stay hydrated and check your temperature.



Wear a cloth face covering over your nose and mouth.



Wash your hands often.



Cover your coughs and sneezes.



Clean and disinfect all frequently touched surfaces every day.



Do not share personal items with other people. Wash with soap and hot water after using them.



**Call 911 if you have trouble breathing, your lips or face look blue, or you have pain or pressure in your chest.**

Most people with COVID-19 recover without medical care.

For specific isolation guidelines, please see the Georgia Department of Public Health's web page below:

[dph.georgia.gov/isolation-contact](https://dph.georgia.gov/isolation-contact)

# Coping With Stress

COVID-19 may cause extra stress, worry, and sadness. This is normal.

## Here are some ways to cope with stress:

- Do something you enjoy like dance or take a walk
- Listen to music
- Talk with friends and family
- Take deep breaths, stretch, meditate or pray
- Eat well-balanced meals and drink lots of water
- Rest
- Talk to your doctor or counselor



**Depression happens when sadness lasts more than two weeks and starts to affect other parts of your life.**

## A person who is depressed may notice:

- Loss of interest in activities you usually enjoy
- Change in weight from eating more or less than usual
- Feeling irritable or exhausted
- Sleeping more or less than usual
- Pain that won't go away and isn't from a medical problem
- Feeling very guilty or worthless
- Trouble remembering or concentrating



If you think you may hurt yourself or attempt suicide, call the National Suicide Prevention Lifeline at **800-273-8255** or call **911**



You may also call the Georgia Crisis and Access Line (GCAL): **800-715-4225**

# Resources

## Information on Testing

Testing for COVID-19 is free of charge at your local health department and at other locations, regardless of symptoms. Your results should come back in 2–7 days.

You do not need identification to receive a COVID-19 test.

## Where Can I Get Tested?

Your local Health Department will test you for free, but you should make an appointment. You can find phone numbers or instructions for scheduling online at:

[dph.georgia.gov/covidtesting](https://dph.georgia.gov/covidtesting)

There may be pharmacies or drive-thru testing sites in your area. Please ask about cost before making an appointment.

If you do not have internet access, you can call **866-PUB-HLTH** for additional assistance and information about COVID-19. Se habla español.

**For more information on COVID-19 and additional guidelines, please see the websites below**

Georgia Department of Public Health:  
[dph.georgia.gov/farmworkerhealth](https://dph.georgia.gov/farmworkerhealth)

Georgia Department of Agriculture:  
[agr.georgia.gov/COVID-19.aspx](https://agr.georgia.gov/COVID-19.aspx)

Georgia Fruit and Vegetable Growers Association:  
[gfvga.org](https://gfvga.org)